

# Connections LIVE: JULY 2024 Yates Connections

Facebook @ Rounded Recovery 833-4-FLACRA, Option 5 20 Maiden Ln. Penn Yan



A FLACRA PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>	<p>Closed</p> <p>See you tomorrow!</p> <p><b>**NARCAN Trainings Available Daily Upon Request**</b></p>	<p>Open 9am-5pm</p> <p><b>9am Mantra Meditation*</b> / Breakfast Club</p> <p><b>12pm</b> Manifesting Monday's - setting and achieving goals.</p>	<p>Open 9am-8pm</p> <p><b>9am Gentle Yoga*</b></p> <p><b>9am</b> Coffee Chat</p> <p>10am Par For the Course</p>	<p>Open 9-5p</p> <p><b>9am Functional Fitness*</b>/Breakfast Club</p> <p><b>10am Once Again Wednesdays</b></p> <p><b>12pm</b> Wellness in Recovery</p>	<p>Open 9am-5pm</p> <p><b>9am Tai Chi*</b> / Coffee at Amity Coffee Co. Penn Yan</p> <p><b>10:00am</b> Supportive Living Group</p>	<p>Open 9am-6pm</p> <p><b>9am Moving Meditations*</b> / Breakfast Club</p> <p>9:30am- Fishing Friday's</p> <p><b>10am- The Subtle Art of Letting Go Group- Journaling</b></p>	<p>Open 9am-5pm</p> <p>9:00am- Coffee Chat</p> <p>10:30am- Par For the Course</p> <p>11:00am- Watch for Sign up Sheets for special out in the community activities</p>
<b>AFTERNOON</b>	<p>See you tomorrow!</p>	<p><b>1pm</b> Spiritual AF group</p> <p><b>2pm</b> Tootle Around Town with Tom</p>	<p><b>12pm</b> Holistic Health &amp; Wellness*</p> <p><b>2pm- Spiritual AF Group</b></p> <p><b>3pm- Come Together Tuesdays</b></p>	<p><b>2pm-</b> Tootle Around Town with Tom- Fitness</p> <p><b>3:00p- Grateful AF Group</b></p>	<p><b>12pm-</b> Grateful AF Group</p> <p><b>1pm</b> Par For The Course</p>	<p><b>1pm</b> Par for the Course</p> <p><b>2pm</b> Mindfulness *</p> <p><b>3pm</b> Tootle Around Town with Tom</p>	<p>01:00p- Grateful AF/ Spirit AF Group</p> <p>03:00pm-</p>
<b>EVENING</b>	<p>See you tomorrow!</p>	<p><b>2:30-5</b> Afterschool hangout -games</p>	<p><b>2:30-4:30pm-</b> Afterschool Hangout</p>	<p><b>2:30-4:30pm-</b> Afterschool Hangout</p>	<p><b>3pm-</b> Fishing Group Activity</p>	<p><b>2:30-5pm</b> Afterschool hangout meditation &amp;</p>	<p>See you Monday!</p>

\*Indicates available on Zoom Link to register for any group: [https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt\\_IK](https://flacra-org.zoom.us/meeting/register/tJUdemurT8vH9b008pnYNonmmgEygdOt_IK)

**Zoom Phone Access: 1-929-205-6099/Meeting ID: 911 2063 4552 PW: 190397**